

Aldridge Running Club - Clubnight Routes

June 2018

Date	Distance	Route		Meeting Point
05/06/2018	1 - 3 Miles	Summer Mile Loops		On the grass outside the club
	4 Miles	Chester Road 4		In the carpark
	6 Miles	Canal 6		On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged	On road outside club gates
	2 Miles	Walking Group		In the Club House
12/06/2018	1 - 3 Miles	Summer Mile Loops		On the grass outside the club
	4 Mile	Chester Road 4		In the carpark
	6 Mile	Canal 6		On road outside club gates
	9 Miles	Steady 9 Mile Group	Will be announced if arranged	On road outside club gates
	2 Miles	Walking Group		In the Club House
	N/A	Effort Sessions	Coach Reeves	In the Club House
19/06/2018	1 - 3 Miles	Summer Mile Loops		On the grass outside the club
	4 Miles	3rd Handicap Race		In the carpark
	2 Miles	Walking Group		In the Club House
26/06/2018	1 - 3 Miles	Summer Mile Loops		On the grass outside the club
	4 Miles	Mill Lane 4		In the carpark
	6 Miles	Little Aston 6		On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged	On road outside club gates
	2 Miles	Walking Group		In the Club House
	N/A	Effort Sessions	Coach Reeves	In the Club House